

Issue : JULY 2010

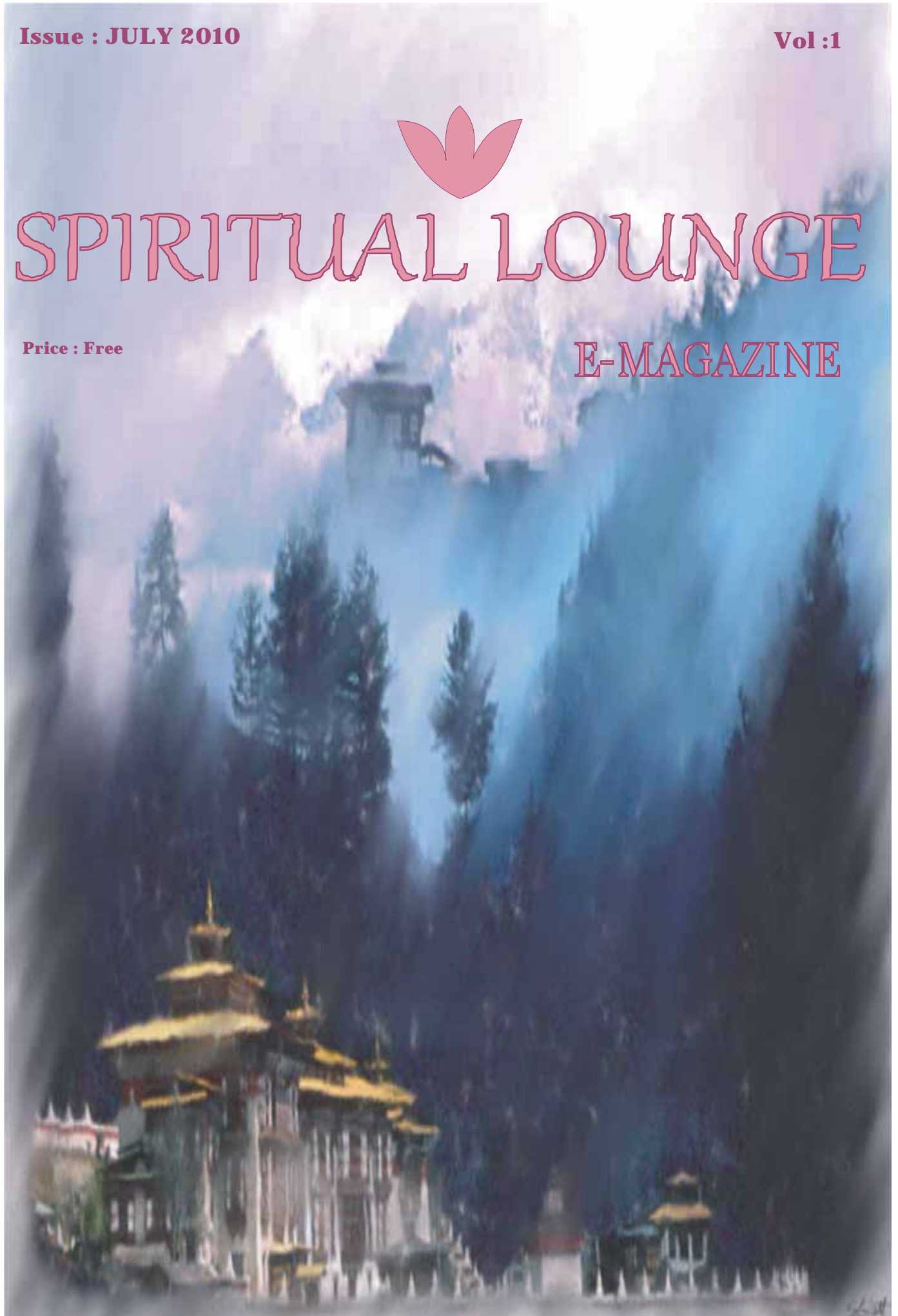
Vol :1



SPIRITUAL LOUNGE

Price : Free

E-MAGAZINE



EDITORIAL - - 3

Science & Spiritualism



Space, Time & Spirit
Page 4

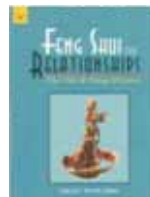
Spiritual Travel



Land of the thunder dragon

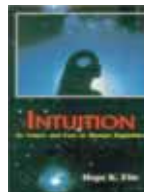
Page 5 - 7

Reviews - - - Books



*Feng Shui for Relationships: The
Yin and Yang of Love*

Page 9



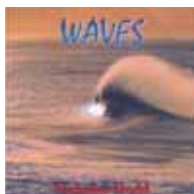
*Intuition: Its Nature and Uses in
Human Experience*

Page 10

Reviews - - - Music

Page 11

Story etc...



WAVES



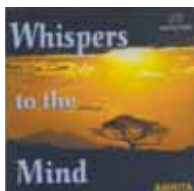
**Candles- our best friends
page 8**



Illusions



**The Hobbled Man
Page 12-13**



Whispers to the mind



**Astrology
page 14-15**

Edited by Dhara Kothari. Published by Moksa Publishers for Spiritual Lounge.
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Cell: +91-9619629092.

Dear Readers,

Welcome to the inaugural issue of Spiritual Lounge E-Magazine!

The e-magazine is totally focused on spiritualism and related subjects. Spiritualism is about believing and realizing one's own soul. To merge the body, mind and the spirit in every sense and to follow one's own path created individually.

Our current motto is: Explore the inner Universe and connect with the outer Universe.

Spiritual Lounge is an organization where one can learn, share knowledge, information, experiences, connects and so on. It is also a place where one can grow spiritually. Hence, we decided to launch a niche international e-magazine and wish to make it global in every way. We want readers, writers, advertisers to take this as a great opportunity and promote this e-magazine in every possible manner. The e-magazine is but a small step for spiritual Lounge and lots more has to be done at global level.

We also wish to introduce to you a market place to sell your wares, products related directly or indirectly to spiritualism through our e-magazine and our organization. Also do feel free to send information related to events, workshops in your town or online for our event section to be introduced from next month.

The inaugural issue has less number of pages compared to what a normal e-magazine should have. We are starting at a small level and increasing the pages, content and growth slowly but steadily. With every issue there will be more pages and content and the e-magazine will go the subscription way from the year 2011. Till then enjoy the free monthly issues and do give us your feedback, suggestions and what subjects you would like to read about.

It will take us a little while but we shall be introducing a website to complement the e-magazine and the organization. Till then feel free to reach us at spirituallounge@live.com

We are thankful to **MOKSA PUBLISHERS** for publishing this e-magazine. And to all those who helped us make this e-magazine a reality.

Come join us and we truly welcome you all with open heart, mind and spirit!



Dhara Kothari

EVENT

Spiritual Lounge will have its free monthly meditation session and a talk and demonstration of Candle Magic by Amrita Rao on Saturday July 24th between 4 - 6 PM. Venue: Times of India bldg, opposite CST, Mumbai - 1. Please call or email for further information on 9619629092 or email us at: spirituallounge@live.com

Space, Time and Spirit

Space is infinite, comprehend it and it is rather a scary fact that in time does not look or sound so bad. The black vast openness has no shape or fixed size or limitation. There is no beginning or no end to it. The Universe has limitation. It spreads across this empty vastness, like a single drop of water spreading across the vast open ground. But there is a limitation to the ground that we can see; but it is too big for that drop of water.

We need to perceive the vastness of the empty space that genuinely has no limitation. It cannot also be measured either. The Universe can be measured by various methods. It has a limit to its spread against the backdrop of the emptiness of limitless space.

Time can be anything to everybody but ultimately, time is nothing more than an advanced tool of measurement. Time is not an object or has mass, or energy. It is a means of measuring the distance between two points. We have centimetres, inches, kilometres or miles to measure the distances but in outer space it is through Astronomical Unit (AU) and light years.

On Earth it may take us two minutes to travel on an empty straight road of two kilometres. In the city and under the traffic blockage it would take two hours to cover the same distance. Hence, time is taken into consideration rather than the actual



mathematical measurement. Similarly, if we have a spaceship traveling at the speed of light, it may take a thousand years to reach a star that is at the distance of a thousand light years away. However, should we have a faster spaceship we can reach that star in matter of thousand seconds. What matters ultimately is the time involved in going from point 'a' to point 'b'.

The spirit is actually pure energy and hence can travel or see and know things beyond mathematics, physics or any so called limited knowledge. It takes a single moment in time and across space to understand and accept what's existent and what's not. It can grasp in the whole vast space and time fabric into a single drop of moment. Scientists call this the mind and I call it the spirit, the soul or the pure 'you or I'.

Eventually, things will keep coming and going in the universe and space. What finally matters is when we can stop the process of our spirit from merging and losing in this vast process of the continuous universe and space? It is possible, when that goal is near or achieved it does not matter what the answer is and how and where or what? It does not matter at all, literally or figuratively. That is Moksh or ultimate Nirvan or Salvation or whatever you may call it. It ends right at that moment, never to repeat the scientific or spiritual process ever again.

Beyond Boundaries Of Time And Space



Land of the thunder dragon

Druk Yul or Bhutan is a nation where the GDP is counted in terms of happiness. Gross National Happiness, which measures the population's physical, emotional and spiritual well-being to help assess the country's wealth, is an official part of the constitution.

Much of Bhutanese history is lost in legends but the first major event was the arrival of Guru Rinpoche, believed to have brought Mahayana Buddhism from Tibet in the eighth century on a tiger and meditated in a cave for three months at Taktsang. Bhutan, the world's last Mahayana Buddhist kingdom, became a coherent political entity around the 17th century and has never been conquered or ruled by another foreign power. Everyone who visits is touched in the most astonishing ways, by the landscape, the heart of the people, and their philosophies.

The Tantric form of Mahayana Buddhism (Drukpa Kagyu) is the state religion; the majority of Bhutanese people follow the Drukpa School of the Kagyupa sect. Those living in the south are mainly Hindu. There are no rigid clan systems and equal rights exist between men and women. Climbing some of the Himalayan peaks is banned due to the belief that the mountains are the repository of the gods and all life, animal or plant, is treated with respect as a divine gift. Everyone who visits is touched in the most



- SL Team (Inputs from Bhutan Tourism)

astonishing ways, by the landscape, the heart of the people, and their philosophies. The experience will have opened the heart in a manner that is totally unexpected. Through meditation, chanting, prayer and ceremony, it will expand consciousness and cultivate the compassion of Buddha within all. Because of its largely unspoiled natural environment and cultural heritage, Bhutan has been referred to as The Last Shangri-La.

Bhutan offers spectacular mountain views, immense scenic beauty and a unique culture and lifestyle. This country also offers limitless places where one can spend hours meditating and focussing on spiritual growth. Bhutan is a landlocked country surrounded by mountains. The sparsely populated Greater

Himalayas, bounded to the north by the Tibetan plateau, reach heights of over 7,300 m, and extend southward losing height, to form the fertile valleys of the Lesser Himalayas that are divided by the Wang, Sunkosh, Trongsa and Manas rivers. The entire country is virtually mountainous, the 7554-m Kulha Gangri on the Tibetan border being the highest. North to South, Bhutan features three geographic regions, namely, the high Himalayas of the north, the hills and valleys of the interior, and the foothills and plains of the south. Its great rivers helped to carve its topography and their enormous potential for hydropower has helped shape the economy. Monsoon influences

between good and evil. These traditions can be seen in all their glory at Bhutan's spectacular religious festivals called Tsechus. The Drukpas form the major chunk with nearly 67% of the total population. They are of two groups. Those related to the Tibetans speak Dzongka. The other major language is Tsangla in the east with 11 different dialects. The Nepalis form 20% of the total Bhutanese people. Indians, Tibetans, Sikkimese, Sherpas, etc., form the remaining 13% of the population.

Places to visit

The capital of Bhutan Thimphu lies in a sylvan valley, on a hillside on the bank of the river by the same name. One interesting fact is that it is the only capital in the world without any traffic lights. The city is a storehouse of Bhutanese culture. The Trashi Chhoe Dzong or the fortress of Glorious Religion and the Memorial Chorten are some of the old sites worth a visit. Among the modern attractions, the School of Arts and Crafts, the Weekend market, the Changlimithang Stadium and the National Institute of Traditional Medicine are famous. The town of Paro in western Bhutan also attracts tourists with its scenic locales, beautiful landscapes, wooded villages and historic buildings. The Rimpung Dzong or Paro Dzong stands on a hillside above the gently meandering Paro River. The Ta dzong is an ancient watch tower where the National Museum has been housed. The National Museum and the famous Taktshang Monastery are both located here. Kyichu Iyakhang, one of the holiest temples of Bhutan lies 8 km from Paro. The Taktsang (Tiger's Nest) is a pilgrimage place that

every Bhutanese tries to visit at least once in a lifetime.

The spiritual heartland of Bhutan, Bumthang, is where the most ancient and precious Buddhist sites are located. It is the home to the most important dzongs, temples and palaces. Wangdichholing Palace, the residence of the former King, Ugyen Wangchuk; the temple of Jambey Lhakang, the sacred cave of Kurjey Lhakang; and the largest Bhutanese dzong, Jakar, are all located here. Trongsa Dzong is an awe-inspiring and impregnable fortress. It has a labyrinth of temples, corridors and offices holding court over the local community. Trongsa is one of the quaintest and most charming of all Bhutanese towns. Its vista is traditional in appearance with wooden slatted houses lining the side of the hill.

Phobjika is a glacial valley that has been designated a conservation area. It lies on the borders of the Black Mountain National Park that is one of the most important wildlife preserves in Bhutan. The rare, endangered black-necked cranes that have a special place in Bhutanese folklore roost here in the winters. Tourists can view their roosting places with permission from relevant authorities. Barking deer, wild boars, leopards, Himalayan black bears and red



foxes are some of the animals that live here. The Satkeng Wildlife Sanctuary is also located nearby. The wild east of the Bhutanese kingdom can be explored from Punakha, Trashigang, Wangdue Phodrang and Gangtey Gumpa, which are some of the favourite tourist sites.

One of the most spectacular drives in Bhutan is the 20 km stretch between Sengor and Namning in East Bhutan. Huge cascading waterfalls, endless turns and frequent fogs make for exhilarating travel. Travellers pass



citrus groves in the relatively mild climate at Lingmithang, only an hour after being immersed in pine forest, dropping through 6,562 feet of ice and snow

The Kurichu Hydroelectric project is located in Mongar. When completed, it will have a total capacity to output 60 megawatts of hydroelectricity. The town itself is small with a sprinkling of shops. The Mongar Dzong is modern compared to other places in the kingdom.

Tourists have to fly in as well as out by the national carrier, Druk Air. Druk Air has no interline agreements with other carriers. Hence, tourists need to arrange for their own tickets to and from wherever they connect with Druk Air, as that is the only airline that flies into Bhutan. Druk Air does not issue tickets until they have received the visa clearance. Paro airport is less than two hours from Thimphu. Traveling to Bhutan is restricted to all except Indians. The tourists must travel on pre-planned, pre-paid guided package tour or custom designed travel programs. Independent travel is not permitted as per the Bhutan government.

Buddhist Hand Mudras

			
<p>Bhumisparsha Mudra The Buddha touched the ground to call the earth goddess, Sthavara, to bear witness to his awakening.</p>	<p>Varada Mudra Fulfillment of all wishes; the gesture of charity.</p>	<p>Dhyana Mudra The gesture of absolute balance & meditative poise. The hands are relaxed in the lap, and the tips of the thumbs and fingers touch each other.</p>	<p>Abhaya Mudra Gesture of reassurance, blessing, and protection. "Do not fear."</p>

Source- The Internet

Candles- our best friends

At times when we look at our lives, try to determine what is happening to us, what needs to be released, and set the foundation for our goals and aspirations for the coming days. It is a time to put our lives in order, making sure that our priorities are aligned with our goals, and that our decisions and ensuing actions are in alignment with the path that we have chosen for ourselves. The one thing that helps you do this is Candle Magic faster and in a much easier way.

Candle magic helps us paint a very definitive picture of who we are, the skills and abilities that we carry with us, and what we are going to be facing next and to best achieve our aspirations and goals. Candle magic helps us



make our lives just the way we want it to be, communicating to the fire element.

There are many factors that play into the art of candle magic. As we know any type of magic that is performed will return to you three fold, whether it is positive or negative. Hence, while performing any magic we should always remember that we harm none in any way.

The art of candle magic is selecting the right colour candle and connecting to it. By talking to it or singing or meditating on it so that it follows your instructions. We would also need certain other things to manifest our wish faster like the correct oils, herbs, crystals etc.

Candle magic gives a snapshot of your connection with the nature and also heals you and answers various queries that we have in

our mind. It also questions about the past, as well as those about the future and they can reveal the present as well. Candle magic shows the thoughts, feelings and motivations of the questioner and of others who are related to the question.

Candle magic is a means to find guidance upon worldly endeavors and concerns and it also gives us solution for various problems through various rituals.

In today's hectic and fast moving world a human is trying to achieve success in all spheres of life. He/she tries to climb up the professional ladder, be a social success, have perfect relationships, etc. However, sadly at the same time he/she faces confusion, contradiction, ugliness and painful situation. Hence he/she is pulled into an ugly world of stress, ill health, unhappiness and unfulfilled achievements. Candle magic can be used for practical problem-solving, creative visualization, meditation, self-improvement, as a tool of understanding, for divination and fortune-telling.

Candle magic is very powerful and flexible magical tool, it deserves special attention. Candle magic is to open our minds to the infinite wealth of possible worlds and to help us to understand our lives, achieve our goals and live a balance peaceful and happy life.

Amrita Ganguly
(Holistic Reader and Counselor)
9769192862

Fun Stuff

"I have an ear ache."

2000 B.C. - Here, eat this root.

1000 A.D. - That root is heathen, say this prayer.

1850 A.D. - That prayer is superstition, drink this potion.

1940 A.D. - That potion is snake oil, swallow this pill.

1985 A.D. - That pill is ineffective, take this antibiotic.

2000 A.D. - That antibiotic is artificial. Here, eat this root.

Feng Shui for Relationships: The Yin and Yang of Love
By Shan-Tung Hsu
New Age Books
Rs 195

Originating as a part of Chinese metaphysics, Feng Shui has now gone on to become a lifestyle that includes in its gamut almost all aspirations of life. *Feng Shui for Relationships: The Yin and Yang of Love* by Shan-Tung Hsu, the founder of the Blue Mountain Feng Shui Institute, Seattle, describes how good relationships, like all human endeavours, are about the right place and the right time as much as the right people. And, like every other human endeavour, Feng Shui has an answer on how to make things get even better.

While Hsu explains that Feng Shui is much more than an art of environmental design, he does elaborately dwell on it, talking of what kinds of energies manifest in what kinds of spaces and how one can work with those spaces and energies to design arrangements that will nourish and support our relationships. But he also discusses factors like diet, exercise, communication between the partners and sexuality for they have an effect on the energy patterns within us and outside. This, in turn, affects the relationships.

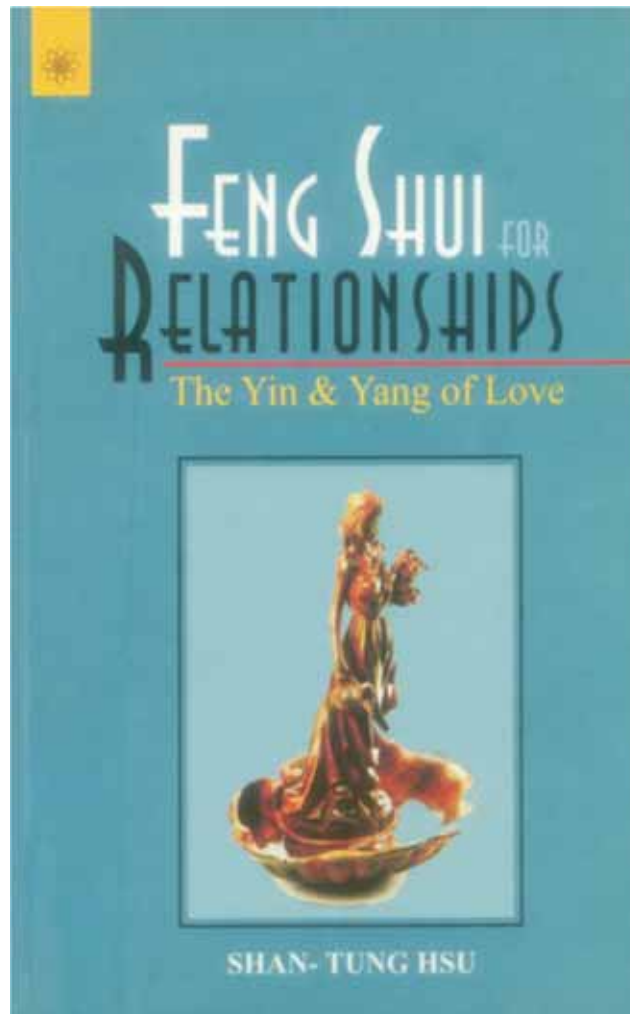
Hsu also busts some myths. The use of mirrors, which is recommended as the 'aspirin of feng shui', is anything but that in reality, says he. Mirrors not only don't have powers to create positive forces, they can actually make things worse. One has to use them only when necessary from a utilitarian point of view. According to him, mirrors create false images and impressions, disorient the mind and lead to confusion. They can cause turbulence between a couple along with

constant emotional stress and disorientation. Keep them covered from time to time, he says. The colour pink for romance, according to him, is yet another myth. It has no theoretical basis in the ancient Ba Gua concept. Pink, instead, is likely to create more anxiety than romance.

Hsu believes that a close relationship is not about physical proximity but energetic resonance and the reason why so many people are in unhappy relationships or lonely is because they have wandered far from natural rhythms and resonance. Don't chase romance, Hsu seems to say; a connection between Yin and Yang is a natural process and it will happen when you are truly prepared for it. In other words, when you work on yourself to make your life happy and build your own beacon. The book gives pointers about mindful relationships: Resonate with positive feelings from your partner, select the right food to promote health not only in terms of nutrients and taste but also, as the traditional Chinese approach advocates, on its colour, texture and smell.

Finally, the ultimate romance potion, says Hsu, is four parts of affection, three of passion, two parts caring and one part tenderness. Mix the ingredients with patience, an open heart, and administer with sensitivity and gentleness. Use it daily, he advocates, for a long life of unity and fulfillment. After all, diamonds are not forever – Qi is.

- Gayatri Pagdi



Intuition: Its Nature and Uses in Human Experience

By Hope K Fitz
New Age Books
Rs 250

Hope K Fitz's *Intuition: Its Nature and Uses in Human Experience* is more of a scholarly, academic dissertation than a book for a lay reader on what intuition is all about. It is not something a casual New Age enthusiast could dip into in between chores. However, for those seriously into the subject, the book is an engaging read. It offers an account of the nature and uses of intuition that can be accepted by both western and Hindu rigorous thinkers who otherwise find it difficult to accept the traditional view of intuition as being a non-discursive form or an independent way of gaining knowledge.

Fitz depicts intuition as a directed or intentional process of the mind that culminates in an act of insight. She argues with the help of two kinds of insights that she has identified, penetrative insight and creative insight, that humans can account for a great deal of their experience which otherwise would be inexplicable or then explained quite inadequately. She refers extensively to the philosophy of S Radhakrishnan, Patanjali's Yog Sutras, writings of German philosopher Martin Heidegger, the Hungarian-British polymath Michael Polanyi, whose thought and work extended across physical chemistry, economics, and philosophy, along with that of many others. Says Fitz, were humans to study all of the accounts of the Ultimate from around the world, based on the

accounts of intuition and/or revelation, we might have some better understanding of Being or the Ultimate. By focusing on the means to knowledge, instead of an analysis of the differences in metaphysics, it seems to be the time to compare the insights of seers and the revelations of self-realised individuals from all traditions. This would help us see what we can learn about the views of the Ultimate.

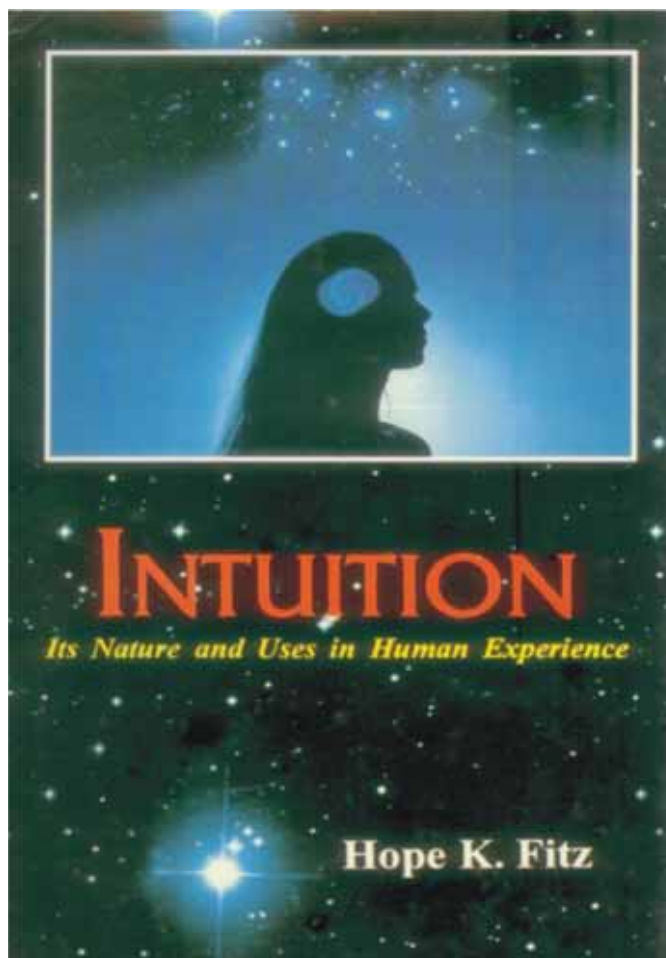
Fitz goes on to say that if understanding is not mind-dependent, we have an epistemological basis for 'Darshna' or seeing into transcendence. According to her, transcendence could be viewed as the space formed when intuition penetrates what is revealed. It is with penetrative insight

that it is possible to gain a deeper understanding of Being itself. However, this would be possible depending on how developed intuitive powers of a person are. Fitz admits that though her account might not satisfy those who have very firm ideas about the nature of the Ultimate, or even those who seek them, it is true to the situation that humans find themselves in today – not knowing the exact nature of the Ultimate but having some insights and understanding of it. This, of course, is subjective and based on individual experiences. She strongly urges, more than once, that a lot of understanding could be gained from the intercommunication of the mystics or the highly intuitive people from various traditions of the

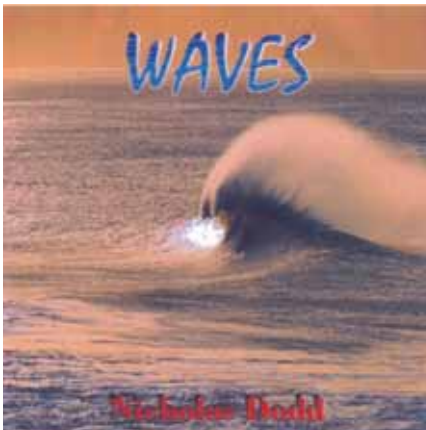
world. It would be the best way to understand the true nature of the Ultimate.

The book, as I said, is not an easy, breezy read but then neither is the quest for the Ultimate something that can be done over a cup of coffee!

- Gayatri Pagdi



Waves



Published by the New Age Music, a sister concern of Motilal Banarsidass, New Delhi.

The sound of waves and a piano rendition by Nicholas Dodd is soft music that keeps your mind calm. The piano recital is not too loud and it complements the sounds of waves and birds at the back drop.

M.R.P. Rs. 325/-



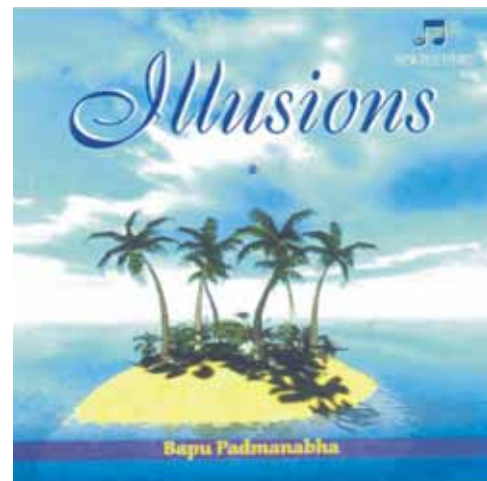
Illusions

Published by Motilal Banarsidass of New Delhi

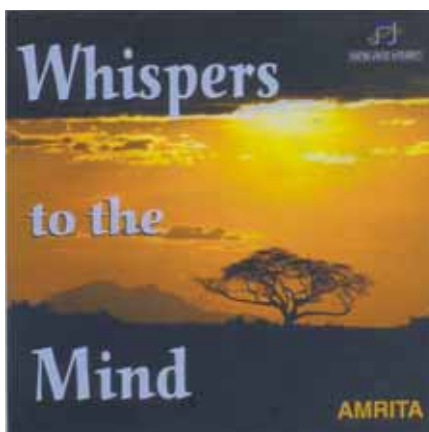
The sounds of bamboo flute by Bapu Padmanabha have four different instrumental compositions. A typical Indian music that is accompanied by tabla (Indian drums) rendition. The four melodies are; 1. Vihaara, 25 minute long. 2. Vividha an eight minute piece that's rather a sad melody. 3. Visranti- 18 minutes of flute with tabla sounds towards the latter part is slow music. 4. Vishesh- A five minute music that starts with the sounds of sitar, flute and then tabla adding on to the music.

Meant for meditation, it does not seem to have any positive effect during meditation. This CD is better as a backdrop music played in Indian restaurants. Should you like all sounds that is Indian, you would reckon this CD, although, it would be better to pass this one.

M.R.P. Rs. 325/-



Whispers to the mind



This is totally an oriental or Eastern Asian music by Amrita. Published by Motilal Banarsidass, New Delhi.

There are three compositions of nearly 20 minutes each called: Whispers of the mind; Eastern interlude and Wanderings. The whisper of the mind is the best composition of the entire CD. This is truly a nice CD and worth buying should you like oriental or East Asian sounds.

It is perfect CD for a solitary setting where you wish to let your mind wander through time and space on Earth. It does transport you to a place far away and the experience is pleasant. Do consider this CD.

M.R.P. Rs. 325/-



THE HOBbled MAN

The mountains are always picturesque and a hit with tourists and all those wanting to find peace and good health. One such place situated in high mountain was a quaint little town whose houses were made of stones and few out of wood. No building was taller than three storeys high and the town was spread over only a few acres. The middle of town had a huge circular open space that was connected by four roads. Those residents who possessed a vehicle never drew their vehicles in this area. Vehicles were the convenient mode only to be connected to cities and other towns and from transporting goods. Those who could not walk moved on horse carts and bicycles.

There lived an old man in this town who would hobble only on one leg, with the help of one crutch.

Children would guess his age based on the number of wrinkles he had on his face and the old man would let them keep on guessing. He would sit there in the open space of the town for hours each afternoon and then disappear amongst the trees at nearly sunset. He lived in an old broken wooden house that was sufficient for one lone man a little away from the main town. His needs were limited and his life routine. He would wake up each day at day break, get ready, feed the birds and the chickens that would come visiting him there for tidbits. He

would then go into the woods and collect fallen twigs and weak branches and store them in the corner of the house that had a small crude fireplace. He would also collect few fruits and berries that grew in the adjoining area and store them. He would hobble to a tea stall at the start of the town that was owned by a fellow old man but several years younger than him. Together they would have a cup of tea and bread and share it in silence or chatting. They would also listen to the radio at the same time for news and songs. Later the old man would hobble to town and make a few small purchases that he could afford from his meager pension. Twice a month he would also visit the local bank and make sure his pension amount got



deposited. He would return back, cook a small meal, rest for a while before going in the center of the town and spend a few hours. He would return back a little before sunset, prepare his supper, lit the fire and complete a couple of chores before turning to bed. A few times in a month he would go visit a couple of oldies in the town who would sit together and chat around a fire and together they would sing songs, play and do a little jig.

The old man's life would slow down in winters and would come to life in summers. Each summer he would meet different people who would throng the little town for holidays. His days would pass more quickly. He would help the local traders by acting as a security guard watching over the goods while the owners were busy catering to the crowds. Some would pay him in cash and some in kind and he would willingly

accept whatever was offered to him. A fact the townspeople knew and would give him a little more than his wage would have entitled. No one knew his full story and most were used to see him there since eons and that he was like a part and parcel of the town.

One day, a young boy not more than knee high came up to him and asked him if he knew how to ride a bicycle. The old man nodded, whence the boy ran away and then appeared with a small bicycle pulling with all his might. The old man

hobbled and held it for him and then gave him instructions as to how to ride it, encouraging him each time the boy fell down and scolded him lightly, each time he would not follow the instructions. Soon the boy learnt and rode away that day in glory. Next day he appeared again and saying nothing placed a small bundle that was no bigger than his palm size into the hands of the old man and disappeared again. The old man smiled as he opened the tiny parcel and found a few chocolates. It was all the boy could pay to thank the old man for teaching him something out of this world. It was hardly anything to the old man who passed his idle time teaching a che rubic kid about riding a bicycle.

Other kids soon came to him, some wanting to learn various things, some just to talk to him and they would each get him a little gift. The value of the gift was not important to the old man but the smiles on the faces of these children when they proudly or shyly gave him the gift unconditionally and with so much of love. The best gift the old man received that summer was from a little girl. The old man found her crying one day and on enquiry found that no one was willing to play with her, simply because she was blind. The old man told her a story and she was thrilled. He taught her a small game, a coin trick and taught her to feel and imagine through her senses and mind. After a few days, her time had come to leave the town with her family who had come on a holiday and she came to say goodbye. After hugging the old man and kissing him lightly on his wrinkled cheeks, she handed him a rolled up paper she had bought with her in her small sling bag. He opened the paper and found a drawing of an old man who amazingly looked a lot like him.

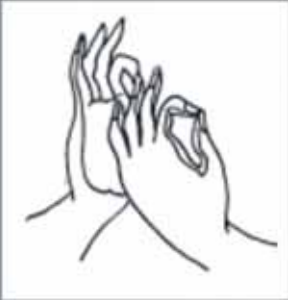



She told him that since she could not see him or the town, she learnt to imagine through her

mind's eyes and drew the picture of him sitting on the bench besides her laughing. The features she drew of his face were from the internal memory that she felt while touching his wrinkled face. The old man was so touched by the painting that he cried for the first time in years. He had forgotten what it was like to cry and taste the salty tears. He had no words to thank the little girl but just hugged her and that night sincerely wished upon the stars to help the girl in every way. The girl had gone and the old man was back to his routine life but this time after the summer things were different.

He for once felt the need to end his life peacefully but since he always carried on his long life all alone, he now knew his time had truly come and that he would never meet the little girl again in his life. She seemed to be sent by the heavens only to help his Passover more gently and peacefully in contrast to his early life that was full off upheavals. But then that's another story.

- *Dhara Kothari*

Buddhist Hand Mudras

			
<p>Dharmachakra Mudra</p> <p>The gesture of teaching interpreted as turning the Wheel of Law. The hands are held level with the heart, the thumbs and index fingers form circles.</p>	<p>Vitarka Mudra</p> <p>Intellectual argument, discussion. The circle formed by the thumb and index finger is the sign of the Wheel of Law.</p>	<p>Tarjani Mudra</p> <p>Threat, warning. The extended index finger is pointed at the opponent, which is ignorance or delusion and the antidote is wakefulness or mindfulness.</p>	<p>Namaskara Mudra</p> <p>Gesture of greeting, prayer, and respect made by those devoted to the path taught by the Buddha.</p>

Source- The Internet



Aries
March 21 – April 20

Love: You will not be too interested in your love relation.

Career: You will be surprised by your career growth this month. You will have people approaching you out of the blue.

Wellness: You will need a break or some kind of refreshment from your usual working trend.

Colour: Red

Stone: Rose Quartz and Garnet

Flowers: Red Roses



Taurus
April 21 – May 21

Love: Share your worries with some friends to find a solution to your distress. Singles will find a new love in the near

future.

Career: You will finally be taking the right decisions and moving in the right directions and will also realize the mistakes you have made.

Wellness: Be careful of injuring yourself as you could take your health for granted.

Colour: Pale Pink, Green, Blue

Stone: Diamond, jade

Flowers: Lily



Gemini
May 22 – June 21

Love: You will realize the worth of your partner and know how privileged you are. Please avoid any hasty or impulsive decisions.

Career: You will make some interesting progress in your work this month.

Wellness: Keep yourself busy as feeling of loneliness may unnecessarily haunt you.

Colour: Yellow

Stone: Green Jasper, carnelian

Flowers: Daffodil



Cancer
June 22 – July 22

Love: Working together in the work front or towards a particular goal will prove beneficial to the relation.

Career: You have lost time to do certain things in your professional lives and you will not be able to make up for the time but you will be pressurized.

Wellness: Please slow down your speed of work and listen to your body.

Colours: Silver, Metallic blue

Stone: Sapphire or Citrine, Rose Quartz, Ruby Crystal, Lapis Lazuli

Flowers: Sunflower



Leo
July 23 – August 23

Love: Wake up early and don't make a fuss over your partner coming home late. He/She may start to grow tired! Singles,

you will not conquer him/her if you aren't organized!

Career: You will have trust in your works and your hypotheses. All you have to do is provide results!

Wellness: The month will end in a great way. You will get recognition for your work and will be radiant!

Colours: Golden yellow, orange

Stone: Ruby

Flowers: Marigold



Virgo
August 24 – September 22

Love: You will be able to express your feelings well which will help your relationship better and singles may find

someone to support them as they share their inner self.

Career: Be careful as people may try to be friendly and back stab you in your work place.

Wellness: Please do your regular check-up this month to avoid any thing major.

Colours: Navy, chocolate

Stone: Clear Quartz or Rutilated Quartz

Flowers: Chrysanthemum and Eucalyptus



Libra
September 23 – October 23

Love: You will spend less but quality time with your beloved. Singles let your creative self-

guide you.

Career: Your business or work will boost this month due to your creative self.

Wellness: You will be enthusiastic and very hard working this month.

Colours: All shades of green

Stone: Sapphire, Malachite

Flowers: Orchid



Scorpio
October 24 – November 22

Love: You like to live your life your way but be careful as this attitude of yours may stress your partner.

Career: You must be patient and make long distance plans instead of concentrating on immediate returns.

Wellness: You may have problems with your bones.

Colours: Maroon, Blood Red

Stone: Rhodochrosite

Flowers: Alpinea



Sagittarius
November 23 – December 21

Love: The moon in Aquarius will be your friend, and you have no reason to lament your fate! Singles, you will ask for more,

you can't get enough of it!

Career: All your efforts will be focused on relationships. You have found out that there are some tensions in your team!

Wellness: You have abrupt and impulsive movements. You may hurt yourself or even worse hurt someone else!

Colours: Royal Blue, Deep Purple

Stone: Orange Calcite

Flowers: Crocus



Capricorn
December 22 – January 20

Love: You will have to keep yourself calm to maintain harmony in your relations.

Career: Take a back seat in your work as it is not the right time for you.

Wellness: Eat smart and control eating to maintain yourself.

Colours: Grey, Dark Green

Stone: Turquoise, Blood Stone

Flowers: Snowdrop and Jasmine



Aquarius
January 21 – February 18

Love: You will balance out the odds in your relation and will be successful in keeping it going smoothly.

Career: You will find a way to get all your work done without stressing yourself.

Wellness: You are protected by the universe this month.

Colour: Turquoise

Stone: Garnet, Fluorite

Flowers: Aloe



Pisces
February 19 – March 20

Love: You must give your relation sometime this month and give time to the other person to take his/her own

decisions.

Career: You will lack confidence this month but will have wonderful and creative ideas.

Wellness: You will suffer from the heat and have trouble sleeping. Open the windows when you are sleeping!

Colours: White, Silvery Green

Stone: Kyanite, Citrine, or Black Tourmaline.

Flowers: Lily

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Buddhist Hand Mudras



Jnana
Mudra

Teaching. The hand is held at chest level and the thumb and index finger again form the Wheel of Law.



Karana
Mudra

Gesture with which demons are expelled.



Ksepana
Mudra

Two hands together in the gesture of 'sprinkling' the nectar of immortality.



Uttarabodhi
Mudra

Two hands placed together above the head with the index fingers together and the other fingers intertwined. The gesture of supreme enlightenment.

Source- The Internet

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